



DAN SEABORN

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**KEY SCRIPTURE:**

1 Peter 5:7

1. What cares/worries in your life currently cause you stress and weigh you down?
2. What was shared in today's message that will help you handle these cares in a healthier way?
3. Thinking about the story from Mark 4 of Jesus calming the storm, did you take away any new insights from today's message? How can you apply these insights to your own life?
4. What are some practical steps you can take to intentionally retrain your brain when the worries of life begin to take over?